



---

### ***Disability Compensation for Sexual or Personal Trauma***

---

A number of women and men suffered sexual or other personal trauma while serving in the military. These veterans may still struggle with fear, anxiety, embarrassment, or profound anger as a result of these experiences. We cannot undo the past; however, if a veteran suffers from the effects of trauma in military service, VA may be able to help them.

#### **How Does VA Define Sexual or Personal Trauma?**

Sexual or personal trauma are events of human design that threaten or inflict harm. Trauma is defined as any lingering physical, emotional, or psychological symptoms. Examples of trauma are:

- Rape,
- Physical assault,
- Domestic battering, and
- Stalking.

#### **Can You Receive Compensation for Your Disabilities?**

Yes. If it is determined that your disabilities are a result of or have been made worse by injuries or diseases incurred during military service, you may receive compensation. You must have been separated under *other than dishonorable* conditions to be eligible, and must currently suffer from a disabling condition to receive compensation. A common disability resulting from a sexual or personal trauma is Post Traumatic Stress Disorder.

#### **Post Traumatic Stress Disorder (PTSD) Secondary to Sexual or Personal Trauma**

***PTSD is a recurrent emotional reaction to a terrifying, uncontrollable, or life-threatening event.***

The symptoms may develop immediately after the event or may be delayed for years. They include:

- Sleep disturbances and nightmares,
- Emotional instability,
- Feelings of fear and anxiety,
- Impaired concentration,
- Flash-backs, and
- Problems in intimate and other interpersonal relations.

#### **How Can You Apply?**

You can apply for disability compensation by filling out VA Form 21-526, *Veterans Application for Compensation and/or Pension*. VA counselors and Women Veterans Coordinators are available for assistance.

You can also apply online through our web site at <http://vabenefits.vba.va.gov/vonapp>.

**For More Information, Call Toll-Free 1-800-827-1000  
or Visit Our Web Site at <http://www.va.gov>.**